

PROGRAMS & ACTIVITIES FOR JUNE 2021

FOXBOROUGH SENIOR CENTER

508-543-1234 OR VISIT US ON THE WEB AT www.foxboroughma.gov

Please check the Senior Pages of the Foxboro Reporter for any changes or additions.

JUNE 1 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 12:15 Flexibility & Strength; 1:30 BINGO; 2:00 Beginner Ukulele; 2:00 Talespinners; 3:00 SHINE;
JUNE 2 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 2:00 SINGO; 4:30 Allergic Rhinoconjunctivities; 4:30 Senior Supper Grab & Go; 4:30 Senior Supper In Person;
JUNE 3 - THURS.	8:30 Cornhole; 9:00 No Foot Stability Today; 10:30 Art With Ally; 10:35 No Men's Fitness Today; 2:00 Movie Day - "The Two Popes";
JUNE 4 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
JUNE 7 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:00 Book Club; 11:45 Foot Stability; 1:00 Mah Jongg; 1:00 Scrabble; 1:00 Knitting; 2:30 Veterans' Club;
JUNE 8 - TUESDAY	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 12:15 Flexibility & Strength; 2:00 Beginner Ukulele; 2:00 Talespinners; 3:00 SHINE;
JUNE 9 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 3:30 Hip Hop Dance Chair Exercise; 4:30 Senior Supper Grab & Go; 4:30 Senior Supper In Person;
JUNE 10 - THURS.	8:30 Cornhole; 9:00 Foot Stability; 10:30 Art With Ally; 10:35 Men's Fitness; 12:00 Welcome Back BBQ; 2:00 Movie Day - "The Dig";
JUNE 11 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
JUNE 14 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Foot Stability; 1:00 Mah Jongg; 1:00 Scrabble; 1:00 Knitting;
JUNE 15 - TUES.	8:30 Cornhole; 8:30 Tai Chi; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 12:15 Flexibility & Strength; 2:00 Beginner Ukulele; 2:00 Talespinners; 3:00 SHINE;
JUNE 16 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 1:00 Mah Jongg; 1:00 Hearing Clinic; 3:30 Tech 101 - iPhone Basics; 4:30 Senior Supper Grab & Go; 4:30 Senior Supper In Person; 5:00 Tech 101 - iPhone Basics;

JUNE 17 - THURS.	SIGN UP FOR PLYMOUTH BELLE - FOXBORO RESIDENTS 8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; 1:00 Low Vision Support Group; 2:00 Ice Cream Truck; 2:00 Movie Day - "The Trial of the Chicago 7";
JUNE 18 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:30 Yoga; 10:45 Cribbage;
JUNE 21 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:00 Book Club; 11:45 Core Workout; 1:00 Mah Jong; 1:00 Scrabble; 1:00 Knitting; 2:00 Estate Planning Program; 2:30 Veterans' Club;
JUNE 22 - TUES.	8:30 Cornhole; 8:30 Tai Chi; 9:00 Blood Pressure Clinic; 9:45 Table Top Garden Club; 9:45 Zumba Gold; 12:15 Flexibility & Strength; 2:00 Talespinners; 3:00 SHINE;
JUNE 23 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 12:00 Men's BBQ; 1:00 Mah Jong; 4:30 Senior Supper Grab & Go; 4:30 Senior Supper In Person; 5:00 History With Paolo - "Baroque Rome";
JUNE 24 - THURS.	NANTUCKET TRIP 7:45 a.m. - 8:30 p.m. 8:30 Cornhole; 9:00 Core Workout; 10:30 Art With Ally; 10:35 Men's Fitness; 1:00 Luncheon Outing to Jake 'n Joe's;
JUNE 25 - FRIDAY	8:30 Cornhole; 8:45 Senior Fitness 1; 9:35 Senior Fitness 2; 10:45 Cribbage
JUNE 28 - MONDAY	8:30 Cornhole; 9:15 Chair Yoga; 11:45 Core Workout; 1:00 Mah Jongg; 1:00 Scrabble; 1:00 Knitting; 1:30 Fire Safety Program;
JUNE 29 - TUES.	8:30 Cornhole; 8:30 Tai Chi; 9:00 Manicures; 9:45 Zumba Gold; 9:45 Table Top Garden Club; 11:00 Nutrition; 12:15 Flexibility & Strength; 2:00 Talespinners; 3:00 SHINE;
JUNE 30 - WED.	8:25 Strength Training 1; 8:30 Cornhole; 9:15 Strength Training 2; 10:00 Walking Club; 10:15 Chorus; 12:00 S'mores Give Away; 12:30 Conversaion With the Town Manager; 1:00 Mah Jongg; 4:00 Feasibility Study in Depth; 4:30 Senior Supper Grab & Go; 4:30 Senior Supper In Person;